



Valley College

## Long Term Mapping Sport and Leisure Valley College



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Autumn	1	Outdoor Leisure Activities
	2	Sport Centre Classes/ Gym
Spring	1	Bowling
	2	Aerobic and Fitness Classes
Summer	1	Outdoor Sport Activities
	2	Leisure Activities

## MEDIUM-TERM PLANNING

<b>Aspiration for Life</b>		To become an active part of their community in a positive way and use facilities in their own communities		<b>Language for Life</b>		To expand their communication skills when in the community to develop functional language.		<b>Learning for Life</b>		To utilise Maths/ English skills in everyday life			
<b>CYCLE 1</b>	To experience sport and leisure in the community and expand their abilities within a range of activities and sports.	<b>Sport in the local community</b>				<b>Leisure in the local community</b>				<b>Leisure and Sport further a field</b>			
		<b>Autumn 1</b> 7 weeks		<b>Autumn 2</b> 8 weeks		<b>Spring 1</b> 6 weeks		<b>Spring 2</b> 6 weeks		<b>Summer 1</b> 5 weeks		<b>Summer 2</b> 7 weeks	
		<b>Outdoor Leisure Activities</b> To access different outdoor leisure activities including walking and orienteering		<b>Sports Centre Classes/ Gym</b> To take part in a structured gym session learning how to use a range of machines		<b>Bowling</b> To access leisure activity bowling		<b>Aerobic and Fitness Class</b> To take part in a Fitness session		<b>Outdoor Sport Activities</b> To access different outdoor sport activities tennis/ cricket etc.		<b>Leisure Activities</b> To access leisure activities such as shopping and cinema etc	
		<b>SUGGESTED ACTIVITY</b>											
		Map Reading Planning routes		Treadmill Weight Machines Cross Trainer Cycling Machine Rowing Machine		Ten Pin Bowling Direction		Fitness Class Spin Class Running Group		Throwing Catching Bowling Batting Team games Tennis		Shopping Cinema Meal	
<b>Vocabulary</b>													
Map Compass Points Grid reference Hazards		Lift Push Pull Strength Weight		Strength Spin Aim Arrows		Run Sprint Stretch Squat Slide Spin Jump		Six Four Bat Ball Wicket Crease Whites Helmet Serve Volley		Shopping Ordering Showtime's			

		Week					
INTENT		<b>Week 1-3-:</b> Walking <b>Week 4 - 6:</b> Orienteering <b>Week 7:</b> Assessment	<b>Week 1:</b> Induction at Gym <b>Week 2 - 3:</b> Using treadmill, cycle and rowing machines <b>Week 4 - 5:</b> Weight Machines <b>Week 6-8:</b> Learner complete their own circuits independently	<b>Week 1:</b> Introduction <b>Week 2 - 5:</b> Bowling and Aim <b>Week 6:</b> Assessment	<b>Week 1:</b> Introduction <b>Week 2:</b> Stretching and Warmup <b>Week 3:</b> <b>Aerobics</b> and concentration <b>Week 4:</b> Complete half an aerobic session independently <b>Week 5-6:</b> Complete the full aerobic sessions independently	<b>Week 1:</b> Throwing/ catching playing cricket. <b>Week 2:</b> Batting whilst playing cricket. <b>Week 3:</b> Serving whilst playing Tennis <b>Week 4:</b> Rally whilst playing Tennis <b>Week 5:</b> Assessment	<b>Week 1-2-:</b> Shopping <b>Week 3-4:</b> Cinema <b>Week 5-6:</b> Meal <b>Week 7:</b> Assessment



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